

# Contents

---



## 1 UNIT

### Leisure time!

2

#### Reading 1

Ideas of leisure in Chinese culture P4

#### Reading 2

Leisure in Britain P10

## 2 UNIT

### Stay healthy, stay beautiful

20

#### Reading 1

How to live to be 200? P22

#### Reading 2

Do “ugly duckling” stories about beauty harm women? P28

## 3 UNIT

### Art without borders

38

#### Reading 1

From China with love: Tang Xianzu was the Shakespeare of the East P40

#### Reading 2

Why is Picasso so popular in Asia? P46



## 4 UNIT

### Thinking matters

56

#### Reading 1

East-West cultural differences in depression — Strategies for coping with negative moods P58

#### Reading 2

Why are hundreds of Harvard students studying ancient Chinese philosophy? P64

## 5 UNIT

### The power of media

74

#### Reading 1

How has social media changed us? P76

#### Reading 2

When inspiration meets social media P82

## 6 UNIT

### In the job

92

#### Reading 1

What the German language reveals about attitudes to work P94

#### Reading 2

The art of persuasion in a multicultural world P100



# 1

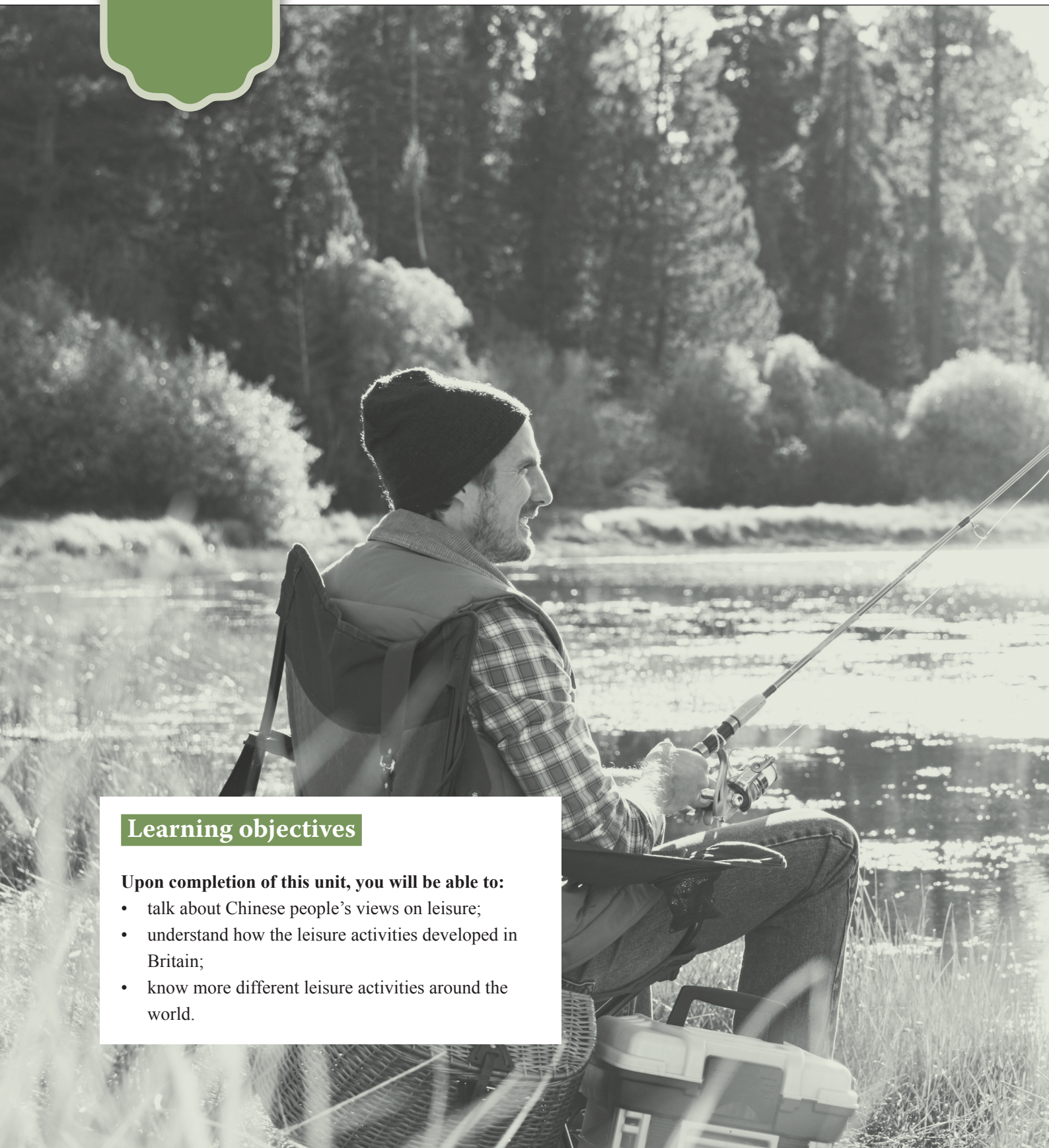
UNIT

# Leisure time!

## Learning objectives

**Upon completion of this unit, you will be able to:**

- talk about Chinese people's views on leisure;
- understand how the leisure activities developed in Britain;
- know more different leisure activities around the world.



In our leisure we reveal what kind of people we are.  
— Ovid (43 BC-AD 17, poet)

## Warm-up

### Step Talking about the pictures

- ① As we will see in this unit, leisure has always had an important place in Chinese culture. The following pictures show some of the most popular leisure activities in China. Please give more examples and share your favorite leisure activity with your classmates.



### Step Brainstorming

- ② How do people in other countries spend their leisure time? Please list at least three countries' popular leisure activities.

# Culture reading

## Reading 1

# Ideas of leisure in Chinese culture

**undertake** /ˌʌndə'teɪk/  
vt. 着手做(某事); 承担

**relaxation** /ˌrɪ:læks'eɪʃn/  
n. 放松; 消遣

**pursue** /pə'sjuː/  
vt. 追求

**literati** /ˌlɪtə'rɑːti/  
n. 文人学士

1 Leisure activities are those **undertaken** by a person for enjoyment or **relaxation**, and include hobbies, recreations, cultural and artistic pursuits. Chinese culture places a high value on a life of leisure. Understood as a state of freedom and harmony with nature, leisure was a lifestyle **pursued** and highly regarded by ancient Chinese **literati**, advocated by ancient Chinese philosophers, and admired by common people. In the context of Chinese culture, leisure activities can be a means of cultivating inner values, displaying moral virtues and being in harmony with nature.

**idle** /'aɪdl/  
a. 不工作的; 闲散的

2 From the Chinese point of view, the man who is wisely **idle** is the most cultured man. The poet Tao Yuanming of the fourth century gave up his government position to return to village life as a farmer-poet and enjoy a carefree life. His saying "I cannot bend and bow myself **for the sake of** five *dou* of rice" is a classic. Other great literati such as Wang Xizhi and Wen Zhengming were generally **enticed** into a short term of official life, did a wonderful job, and then laid down their burdens, returning wisely to a life of retirement. The Chinese traditionally admire those who are able to **adhere to** their inner values and make independent decisions, despite the **temptations** and pressure from higher authorities, to live a life of leisure.

**for the sake of**  
为了某人/某事的缘故

**entice** /ɪn'taɪs/  
vt. 诱惑; 诱使

**adhere to**  
坚持; 信守

**temptation** /temp'teɪʃn/  
n. 引诱; 诱惑



- 3 While leisure activities are strongly encouraged in traditional Chinese culture, they are also viewed as having strong links to moral values. There is the generally accepted belief that an artist's work is strictly determined by his personality. Most Chinese accept the belief that no painter can be great unless his own moral and **aesthetic** personality is great, and in judging **calligraphy** and paintings, the most important criterion is not the artist's good technique, but his well-developed personality. As for leisure activities conveying moral values, an obvious example is the art of traditional Chinese opera, which provides people with moral standards of good and evil.
- 4 Throughout Chinese history, leisure has been strongly associated with nature, referring to perfect harmony between people and nature, between the subjective mind and objective nature, as reflected in the ideas of Taoism and Confucianism.

**aesthetic** /i:z'θetɪk/

*a.* 美学的

**calligraphy** /kə'ɪgrəfi/

*n.* 书法

**signify** /'sɪgnɪ,fai/

v. 代表; 象征; 意味着

**underlie** /,ʌndə'laɪ/

vt. 作为...的原因;  
构成...的基础

**fulfilling** /fʊl'fɪlɪŋ/

a. 令人满意的

**unoccupied** /ʌn'ɒkjʊ,pɑɪd/

a. 空着的; 未被占用的

**receptive** /rɪ'septɪv/

a. 乐于接受的

**morality** /mə'ræləti/

n. 道德; 道德观

**bondage** /'bɒndɪdʒ/

n. 束缚; 限制

**governance** /'gʌv(ə)nəns/

n. 统治; 管理

**exemplify** /ɪg'zemplɪ,fai/

vt. 是...的范例

**long for** 渴望; 盼望

5 The key concept of Taoism is Tao. Literally meaning a way, road or path, it **signifies** the way along which all must walk and represents the course of things, the principle of the one in the many, or the universal principle **underlying** the natural order of things. As a being that can never be separated from nature, man therefore must follow the principle or law (i.e. Tao) of nature in order to have a **fulfilling** living experience (i.e. being at one with nature). In a sense, the law of nature is the law of life.

6 Taoism emphasizes the value of a natural **unoccupied** spirit and leading a leisurely lifestyle. It advocates that humans should live in a natural way so they can find the happiness of being completely at leisure and unoccupied. One may even argue that the creative, joyful, **receptive** and carefree sides of the Chinese character must have been shaped, to a great extent, by Taoism. Taoism is certainly a major path to understanding the Chinese spirit. It is also an important source of understanding how the Chinese deal with leisure.

7 Confucius has long been considered the greatest of Chinese teachers. Although he is most famous for his philosophy of personal and governmental **morality**, correct social relationships, justice and sincerity, Confucius' teachings also address the state of being at leisure. Unlike Taoism, which is little concerned with the "**bondage**" that prevents humans from becoming authentic beings, Confucianism advocates a relatively free and leisurely mind or state while at the same time caring for the people and the country. One Confucian ideal is a peaceful, harmonious society where everyone can live leisurely and none will have to worry about **governance**. One can acquire this state of being only if a country is governed well. Such an ideal state **exemplifies** the spirit and lifestyle Chinese people have **longed for**.

### Culture notes

#### 1. Wang Xizhi (c. 303–361)

He was a Chinese calligrapher, writer and politician of the Jin Dynasty, best known for his mastery of Chinese calligraphy. The most famous example of his writing is *Lanting Xu* (*Preface to the Poems Composed at the Orchid Pavilion*).

#### 2. Wen Zhengming (1470–1559)

He was a prominent Chinese painter, scholar, and calligrapher of the Ming Dynasty.

## Language focus

Complete the sentences with suitable words or phrases from the box. Change the form where necessary.

<b>adhere to</b>	<b>aesthetic</b>	<b>calligraphy</b>	<b>idle</b>	<b>long for</b>
<b>morality</b>	<b>receptive</b>	<b>relaxation</b>	<b>signify</b>	<b>temptation</b>

1. Some people believe that being \_\_\_\_\_ is wasting time, but sometimes, it is seen as necessary for thinking and reflection.
2. You may be physically and mentally relaxed after doing leisure activities, but you should resist the \_\_\_\_\_ to spend too much time on them.
3. The newly-built recreational park in the city expresses traditional \_\_\_\_\_ principles in Chinese architecture.
4. Some activities such as playing musical instruments and painting \_\_\_\_\_ ancient Chinese people's pursuit of a life of ease.
5. The public began to develop a more \_\_\_\_\_ attitude toward the popularity of new leisure activities like live streaming and board games.
6. \_\_\_\_\_ is a popular pastime in China, especially among old people, who sometimes dip their brush in water and write on the ground.
7. The movie we watched last night was a story full of powerful \_\_\_\_\_; it made us think about what is right and what is wrong.
8. If you are stressed, there are some simple but useful \_\_\_\_\_ techniques you can try, including slow breathing, stretching and walking.
9. My father \_\_\_\_\_ the principle that we should all have a favorite hobby to balance our work and life.
10. Many people are \_\_\_\_\_ more leisure time with their family and friends after work.



## Global understanding

Read the passage and complete the summary with information from the passage.

### Views on being idle

- The man who is wisely idle is the most 1) \_\_\_\_\_.
- People who are able to 2) \_\_\_\_\_ their inner values and make independent decisions to live a life of leisure are admired.

### Views on leisure activities

- Leisure activities are closely linked to 3) \_\_\_\_\_.
- Great artists should have great moral and 4) \_\_\_\_\_ personality.

### Taoist views on leisure

- People should follow the 5) \_\_\_\_\_ to have a fulfilling living experience.
- Taoism emphasizes the value of a natural 6) \_\_\_\_\_ and suggests leading a leisurely lifestyle.

### Confucian views on leisure

- Confucianism cares about the relatively 7) \_\_\_\_\_ mind or state as well as the development of the people and the country.
- Confucianism advocates a peaceful and 8) \_\_\_\_\_ society where everyone lives leisurely and doesn't need to worry about 9) \_\_\_\_\_.

## Detailed understanding

Read the passage again and choose the best answer to the questions.

- Which of the following is NOT true about leisure activities in Chinese culture?
  - They are a way of developing inner values.
  - They are synonymous with idling about and doing nothing.
  - They are a means of displaying moral virtues.
  - They help people stay in harmony with nature.
- According to the passage, what is the Chinese people's attitude toward people like Tao Yuanming?
  - Disappointed.
  - Confused.
  - Admiring.
  - Angry.
- Which of the following is the most important standard for judging calligraphy and paintings?
  - The artist's moral and personal development.
  - The artist's good technique.
  - The artist's aesthetic personality.
  - The artist's ability to distinguish right from wrong.
- Which of the following statements about Taoism is true?
  - The implied meaning of Tao is a way, road or path.
  - Tao means the way that some people choose to walk along with.
  - Taoism greatly influences the moral and ethical sides of the Chinese character.
  - Taoism helps understand the Chinese spirit and the Chinese attitude toward leisure.
- In what way does Confucianism differ from Taoism in the teachings of being at leisure?
  - Confucianism is less concerned with leisure.
  - Confucianism believes national well-being is more important than leisure.
  - Confucianism states that leisure is political, not just social or moral.
  - Confucianism is concerned with social and national well-being, as well as leisure.

## Cultural thinking

We can tell from the passage that most of the leisure activities in traditional Chinese society, such as calligraphy and painting, were closely related to moral values and personal development. Do you think this kind of phenomenon still exists in modern China? What leisure activities do you do? Do you do them just for relaxation or for some deep reasons? Share your opinions with your classmates.



## Reading 2



# Leisure in Britain

**revolution** /,revə'lʊ:ʃn/  
n. 革命

**amusement** /ə'mju:zmənt/  
n. 娱乐活动; 消遣  
**gathering** /'gæðərɪŋ/  
n. 聚会; 集会

- 1 Over the generations, the ways in which our ancestors enjoyed their leisure hours have slowly changed. Not only have our activities become less localized, but the activities themselves have changed over time. In earlier years, leisure activities were more community-based, but the changing landscape during the Industrial **Revolution** led to activities being more often defined by class than by community.
- 2 Our ancestors enjoyed fairs and festivals celebrated for centuries at set times in the year. These were local events enjoyed by both the rich and the working classes. **Amusements** at these **gatherings** frequently included drinking a lot of alcohol and blood sports such as bull-baiting and cock-throwing. But by the beginning of the 18th century, such blood sports had been banned. At the same time, other entertainments came into fashion.
- 3 As the fairs and festivals decreased in size and popularity, clubs took their place and these were usually divided by social class. The rich formed members-only gentlemen's clubs, and the club houses became a home away from home, somewhere that the members could relax with their friends. As time went on,



increasing numbers of these clubs centered on members' interests in politics, sports, art or travel. The Royal Society was an early organization, founded in 1660, and its members were physicians, philosophers and other men of science who met regularly to see **demonstrations** of the latest scientific advances.

**demonstration**

/,demən'streɪʃn/

*n.* 演示; 示范

4 At the same time, the other classes formed their own wide range of clubs, depending on interests and occupations. One of these clubs, the Mechanics' Institute, was first established in Liverpool in 1825 to provide access to education and reading materials for the working class in the new technology of the industrial age. No matter what interests or occupations our ancestors had, or what social class they belonged to, it was likely that there was a club that they joined for the purpose of socializing with like-minded people.

5 The coming of the railways and ever-decreasing **fares** made travel **affordable** for the working class, and seaside holidays became fashionable during the mid-19th century. In 1850, 73,000 passengers arrived at Brighton in one week but in 1862, just over a decade later, 132,000 visitors arrived at the town in just one day.

**fare** /feə/

*n.* 票价

**affordable** /ə'fɔ:dəbl/

*a.* 负担得起的

6 The Industrial Revolution brought change, technology and innovation to our ancestors' world and anything new or unusual would draw crowds.

**panorama** /ˌpænəˈrɑ:mə/  
n. 全景图

**diorama** /ˌdaɪəˈrɑ:mə/  
n. 透景画; 三维景观

**canvas** /ˈkænvəs/  
n. 帆布; 油画布

**narrate** /nəˈreɪt/  
vt. 叙述; 描述

**illuminate** /ɪˈlu:mɪneɪt/  
vt. 照亮; 照射

**scheme** /ski:m/  
n. (政府或其他机构的)  
大规模计划

**commonplace** /ˈkɒmənˌpleɪs/  
a. 常见的; 屡见不鲜的

**literacy** /ˈlɪt(ə)rəsi/  
n. 读写能力; 识字

**debut** /ˈdeɪbjʊ:  
n. 初次亮相; 问世

**penny** /ˈpeni/  
n. 便士

**subscription** /səbˈskɪpʃn/  
n. 订阅(费); 会(员)费

**Panoramas** and **dioramas** were two of the innovations of the early 19th century that people went to see. Panoramas were made from large **canvases** of scenes from far-off places, and large moving panoramas were frequently used in theaters as backgrounds or to illustrate lectures such as Charles Dickens' series, with the author **narrating** his journey as the panorama was revealed. The diorama was similar but offered different scenes printed on both the front and back of a canvas that were **illuminated** from either side, giving different views.

7 In the 18th century, music could only be found at fairs and festivals. But at the turn of the 19th century, the piano made its way into the homes of richer middle-class people. By the second half of the century, mass production and **schemes** offering the opportunity to purchase pianos over time, made owning a piano at least a possibility for most respectable families. By the early 20th century the piano at home was **commonplace**.

8 As **literacy** and income rose, and at the same time mail services became reliable and affordable, newspapers and magazines began appearing everywhere. At the beginning of the 18th century, there were 12 London newspapers, and by the early 19th century there were 52 newspapers. Magazines also made their **debut**. *The Penny Magazine* (1832–1845), the first low-priced, mass-circulation magazine, led the way for other similar publications. In about 1790, it is estimated that there were about 80,000 readers; however, in 1832, 200,000 people purchased *The Penny Magazine*. Books in the 18th century were expensive, and families were lucky if they could afford to buy one or two secondhand books. But in the 19th century, local clubs like the Mechanics' Institute began to develop libraries for the benefit of their members and **subscription** libraries became common in the larger towns.

## Language focus

Complete the sentences with suitable words from the box. Change the form where necessary.

affordable	canvas	demonstration	fare	gathering
illuminate	literacy	narrate	revolution	subscription

1. I'm thinking of buying a camera at a(n) \_\_\_\_\_ price to take pictures in leisure time.
2. The invention of air travel caused a(n) \_\_\_\_\_ in our way of living.
3. The spotlight will \_\_\_\_\_ the performers on the stage so everyone in the audience can see them.
4. You've never used a digital camera before? Let me give you a short \_\_\_\_\_ and then you can try it yourself.
5. She finds many reading materials \_\_\_\_\_ the development of leisure activities in Chinese history in the library.
6. These scientific magazines are available only by \_\_\_\_\_.
7. He likes painting beautiful landscapes in his spare time, so we often see him take paints, brushes and a(n) \_\_\_\_\_ to the countryside.
8. One reason why \_\_\_\_\_ skills have decreased is the popularity of television.
9. To celebrate her birthday, she had a small \_\_\_\_\_ at her home with her family and best friends.
10. If you are a student and like to travel, budget airlines ( 廉价航空公司 ) are a good option. Their \_\_\_\_\_ are usually cheaper than average.



## Global understanding

Read the passage and complete the introduction to the leisure activities in Britain with information from the passage.



### Early leisure activities

- Early leisure activities were more 1) \_\_\_\_\_.
- Ancestors enjoyed 2) \_\_\_\_\_ and festivals at set times.



### Panoramas and dioramas

They were two innovations of the early 19th century.



### Music

- At the early 19th century, the piano came into richer middle-class families.
- Later, most respectable families could afford a piano because of 7) \_\_\_\_\_.



### Clubs

- Clubs were usually divided by 3) \_\_\_\_\_.
- At first, the rich formed 4) \_\_\_\_\_ gentlemen's clubs.
- Then, more clubs emerged.
- Meanwhile, other classes formed their own clubs depending on interests and 5) \_\_\_\_\_.



### Newspapers, magazines and books

- Newspapers and magazines became popular because of the rise of 8) \_\_\_\_\_, and the development of mail services.
- In the 19th century, clubs began to develop libraries, and 9) \_\_\_\_\_ libraries became common.



### Travel

Travel became 6) \_\_\_\_\_ for the working class because of the emergence of railways and the decreasing fares.

## Detailed understanding

Read the passage again and choose the best answer to the questions.

1. Before the 18th century, leisure activities were \_\_\_\_\_.
  - A. only enjoyed by the rich
  - B. local events
  - C. banned
  - D. divided by people's interests in politics, sports, art or travel
2. Membership of the Royal Society was based mainly on \_\_\_\_\_.
  - A. occupations
  - B. personal interests
  - C. money
  - D. age
3. According to the passage, what was the Industrial Revolution's contribution to people's leisure activities?
  - A. It helped people socialize with like-minded people.
  - B. It gave people the chance to join clubs.
  - C. It brought change, technology and innovation to people's leisure activities.
  - D. It brought activities that were seldom defined by class to the public.
4. Which of the following statements about panoramas and dioramas is NOT true?
  - A. Panoramas gave different views because they were moving.
  - B. Panoramas were always used in theaters as backgrounds.
  - C. Dioramas offered different scenes printed on the front and back of a canvas.
  - D. Panoramas and dioramas drew large audiences.
5. Which of the following was NOT the function of Mechanics' Institute?
  - A. Provided reading materials for the working class.
  - B. Built libraries for its members.
  - C. Provided the working class with opportunities to receive education.
  - D. Distributed books to its members.

## Cultural thinking

We can learn from the passage that British people have developed many ways to enjoy their leisure hours. They enjoyed fairs and festivals; they established a variety of clubs; they found pleasure in travel and music; they went to see panoramas and dioramas; they developed a habit of reading. Leisure activities play an important role in our daily life. Besides leisure activities, work or study takes up most of our time in a day. So, how can you find a good balance between the two in your life?



## Integrated <sup>?</sup> thinking

In this unit, we can see that the ideas of leisure differ from culture to culture and have changed a lot over time. Passage 1 tells us that leisure in China is related to high aspirations and good morals, and is reflected in Chinese philosophy such as Taoism and Confucianism. Leisure activities can help people cultivate inner values, display moral virtues and become harmonious with nature. Passage 2 shows the changing of leisure activities in British society because of technological advancement, people's improved living standards and so on. Read the two passages again and then answer the following questions.

1. What examples from Chinese philosophical or literary works can you think of that support the argument that traditional Chinese culture plays a significant role in the ideas of leisure?
2. We learn from this unit that traditional philosophical ideas, science and technology, and people's living standards all contribute to the changing of leisure activities. What other factors may impact the development of leisure activities?
3. Since science and technology plays a significant role in leisure activities, how will it shape what people do in their leisure time in the future?

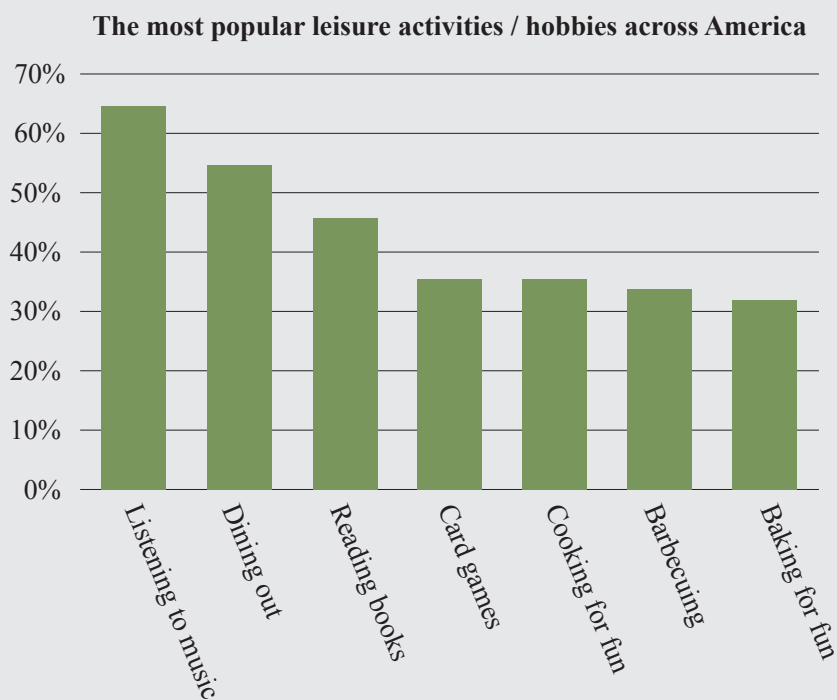


# Culture mosaic

1

## Learning, connecting and eating

The following graph shows the most popular leisure activities in the United States in 2019. Each activity is ranked according to what percentage of people surveyed had done each leisure activity in the previous 12 months. The graph shows us that people love to learn, connect and eat in their leisure time.



**Task** Which leisure activities are most popular in China? What are the similarities and differences between those popular leisure activities in China and those in America?

## Hollywood looks to Chinese culture

An increasing number of Hollywood producers have in recent years released film posters for Chinese audiences, demonstrating their attention to the country's film market.

The film posters are typically drawn in a traditional Chinese style, incorporating Chinese cultural features and highlighting Chinese landscape paintings, cultural heritage, the Spring Festival, iconic skyscrapers and historic landmarks.

### Chinese paper cutting

The posters for animated superhero films *Kung Fu Panda 3* and *Spider-Man: Into the Spider-Verse* give us great examples of Chinese paper cutting.

Chinese paper cutting, or *jianzhi*, is a kind of folk art that uses scissors or knives to cut paper for decorations and other folk activities.

Paper-cutting artwork is always made with red paper, as red is associated with festivities and happiness in Chinese culture. It often features in festivals like the Spring Festival, weddings and childbirth.

### Chinese landmarks

Chinese landmarks continue to welcome more and more visitors. These landmarks, in a certain sense, represent the best of Chinese history and culture.

*Spider-Man: Homecoming's* Chinese posters show Spider-Man has taken photos with iconic Chinese skyscrapers and at historic scenic spots — places known by almost everyone in China.

The posters will become a selling point for the film, with people perhaps wondering what's going on with Spider-Man and famous Chinese landmarks, before buying their tickets.

**Task** What Chinese films or TV series are popular overseas? Why are they popular overseas? In your opinion, how can we promote Chinese films or TV series to attract overseas audiences?



### 3

## The colorful history of kites

Kites have been around for generations across various cultures. While we mostly fly them for leisure today, the history of kites is a lot more fascinating than that.

Some believe that the Chinese philosopher Mozi invented the kite back in the 4th century BC. What we know for sure is that kites had already existed around 200 BC. General Han Xin, who played a vital role in the founding of the Han Dynasty, had already used kites in military applications back then.

Kite flying gradually spread along trade routes from China to countries like Japan, and India. When kites were introduced to Japan by Buddhist monks, it was around the 7th century AD. They served as talismans to keep evil spirits at bay. Some people even used them as invocations so they could get a good harvest.

Although kites arrived much later in Europe, the Romans had been using windsock-like banners for a while. Before their actual arrival into the region, Marco Polo had already brought back stories of these fascinating contraptions around the late 13th century. It was during the 16th and 17th centuries that Europe finally saw kites for the first time after sailors brought them back from Japan and Malaysia.

The period between 1860 and 1910 was popularly called the “golden age of kiting.” During this period, several man-lifting kite designs came into being. Following this, the 20th century saw new developments of kite designs.

**Task** What other Chinese pastimes do you know have spread to foreign countries? Please do some research on how and why they have spread to foreign countries.

